

Lesson Plan: Even Superheroes Need Help

Counselor: Counselor's Room staff

Grade: Elementary

Subject: Asking for help

Topic:	Identifying a problem and asking for help,
Goals:	Student will use communication skills to know when and how to ask for help when needed
Objectives:	<ul style="list-style-type: none">• Students learn not to be embarrassed to ask for help• Students will practice asking for help• Students will identify people in their life to ask for help
Materials:	A large piece of drawing paper for each student. A pencil for each student to draw with A red and blue crayon for half of the class. A green and brown crayon for half of the class.
Introduction:	Divide the class into pairs. Give a red and blue crayon to one student and a green and brown crayon to the other student in each pair. Tell the class that every student should draw a picture of their house in the summer and color it. Tell them to be sure to draw the grass, and the trees and flowers around their house and color them. Explain to the class that for this activity no one may ask the counselor any questions.
Development:	<ol style="list-style-type: none">1. When the students are finished, ask the class to tell you how they solved the problem of only having two colors to crayon their picture. Ask if anyone was feeling shy about borrowing a crayon. Tell them that it is okay to want to do things by ourselves, but sometimes we need to ask for help to get something done or to solve a problem. Ask the class to think of a time when they found it hard to admit they couldn't do something? How did they feel? What did they do?2. Say to the class "Everyone needs help with something. We should never be embarrassed to ask another person for help. Can you think of a time when you had a problem and needed help?" Allow time for several children to suggest a time when they needed help. It's important to know who you can ask to help you if you have a problem.
Practice:	Put a picture of a teacher, a sister or brother, a parent, and a school crossing guard into each corner of the room or ask four adults to play each part and stand in the four corners of the classroom. Tell the children you are going to read out a problem and they should go to the corner of the room where they think they could ask for help. Examples follow or create your own.

	<ul style="list-style-type: none"> • You forgot your lunchbox. • You are having a problem understanding your homework • A stranger is following you as you walk home from school • The boy who sits next to you keeps hitting you • You fall down on the way to school • An older boy threatens to punch you if you don't give him your snack. <p>Tell the students to state the problem and then ask for help politely.</p>
Closure:	Remind students it's important to know how to ask for help when you have a problem and who you should ask.